The Lemon Grove REVIEW

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Vol. 42, No. 14 | Serving Lemon Grove and nearby communities | Thursday, November 2, 1989 | 25¢

Free eye care offered

Thousands of employed East County residents struggling to make ends meet will have a unique opportunity to receive free eye exams, treatment and eye glasses from their neighborhood optometrist on November 10 & 11. It is all part of the California Vision Project, a two-day event being held throughout the state to give the most forgotten segment of our society, the "working poor," a chance to obtain and maintain good eye sight.

"This program is for the working mom with kids to support. The fellow at the gas station. The widow at church. The couple who mows your yard," says Dr. Tom Hixson of the San Diego Optometric Society which is sponsoring the project locally. "This is not a program for the destitute. It is meant to be a little boost for the average person just trying to get by."

Everything is being donated by participating optometrists in San Diego neighborhoods. Examinations will take place at the nearest optometric office, so transportation will not be a problem.

Application requires only a phone call to 239-8027 before November 10th. Adult participants must be employed or retired with a fixed income and have a weekly income between $206 per week for a single individual to $694 for a family of eight. Application for children should be made by the head of household. People receiving federal or state health care assistance are not eligible.

Some of the participating doctors are: Jim Cummins, Cathrine Currie and John Fleming in Spring Valley; Marvin Kasanoff, David Oselett, Caroline Cauchi, and Ronald Watson in La Mesa; and Jerome Legerton, Tom Hixson and Robert Meisel in Lemon Grove.

Bates selects Lazok Citizen of the Month for September

Joyce A. Lazok being congratulated by Congressman Jim Bates

Congressman Jim Bates announced recently his selection of Joyce A. Lazok as the Forty-Fourth Congressional District's Citizen of the Month for Lemon Grove.

Joyce was born in Johnstown, Pennsylvania. At the age of 6, she and her family moved to Phoenix, Arizona, where she was educated. Joyce attended a business college there, and subsequently worked with printing, insurance and title companies, as well as the State Employment Security Commission Agency of Phoenix.

In 1966, Joyce married Alex J. Lazok. And, it was his job with the Navy Civil Service that led to their move to San Diego County, and eventually Lemon Grove to make their home.

Joyce and Alex Lazok have two daughters—Ann and Brenda. Ann is 19 years old and a student at the University of California at Santa Cruz. Brenda, 17, is a senior at Mt. Miguel High School. Joyce has been involved in community service for years, and much of this involvement was the direct result of her efforts to support her children's educational needs. Her daughter, Ann, was diagnosed as dyslexic in the third grade, and this prompted Joyce to investigate different organizations including the PTA and Orton Dyslexia Society. Joyce has also served as volunteer teachers aide at San Altos School Improvement Program, and she has been a member of the Lemon Grove Safety Council.

Her daughters' interest in music also prompted involvement as a parent in adjunct groups. Joyce maintained memberships with groups at each school her daughters attended. Her responsibilities with these groups included publishing a monthly newsletter, maintaining a sponsor list, a student list and the like.

Currently, Joyce is the Executive Vice President of the Chamber of Commerce in Lemon Grove. Joyce sees the Chamber as an important liaison between the city, community and business.

Jason Bellew serves up food to his fellow classmates from the MONEYWORK$ restaurant. See additional photos and story on Pages 9 and 10.

Photos by Pete Smith/Viewfinders

Medi-Cal scam aimed at seniors

Seniors throughout California have recently become the target of a highly sophisticated Medi-Cal sticker scam. This scam has cost California taxpayers over $30 million. According to the state Attorney General, the sticker swindle runs like this:

Door-to-door "sales representatives" approach seniors, often at senior community centers and residential facilities, offering free toiletries, such as shampoo, soap and detergent in return for Medi-Cal stickers. They then pressure the person into completing an order form for unregulated adult products—pads, commodes, bed liners and special creams —expensive items which the seniors often does not even need. The proclaimed "free" offerings range from diapers, shampoo, and hand lotion, to other toiletries. The hustlers then ask for Medi-Cal stickers as payment, which they turn around and sell to crooked medical supply companies.

The key to the scam is the pretense that the products are "free." Don't be fooled by this claim. These products are NOT FREE—seniors have lost their Medi-Cal stickers and these con artists are getting rich on taxpayers' money.

There are currently 10 companies under investigation by the Attorney General's office, who are suspected of filing fraudulent claims to Medi-Cal for supplies and products worth far more than those given to the unsuspecting senior. Many seniors go along with the deal because they are told the representatives are from Medi-Cal.

The main focus of this unscrupulous con game is to cheat senior citizens and the people of California. November Medi-Cal stickers have been mailed, so please use extreme caution and make sure the products and services you get are what you need and are bought from legitimate providers.

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San Miguel Fire Log

October 17, 1989

Tarleton/Blossom Ln. Non-injury auto accident.
9100 blk. Christiana. Female, difficulty breathing.
2500 blk. Sweetwater Sprgs. Blvd. Male, diabetic.
10900 blk. Calle Verde. Female, medical aid.
1600 blk. Tarleton. Female, choking.
600 blk. San Juan. Cancelled enroute.
10600 blk. Itzamna. Male, fall victim.
10400 blk. Del Rio. Good intent.

October 18, 1989

1400 blk. Jamacha Blvd. Male, choking.
10600 blk. Challenge Blvd. Male, difficulty breathing.
Bancroft/Golf. Non-injury auto accident.
500 blk. Grand. Stove fire, no damage.
900 blk. Ramona St. Female, medical aid.
Sweetwater Rd./Quarry. Female, unknown medical.
9400 blk. Apple. Female, medical aid.
10600 blk. Jamacha Blvd. Brush fire, no damage.
8700 blk. Jamacha Blvd. Male, dizziness.
3900 blk. Conrad. Male, medical aid.
Kenwood/James Circle. Smoke check.
3600 blk. So. Bonita. Female, choking.
1000 blk. San Bernardino. Over-filled propane tank.
800 blk. Maria. Male, medical aid.
1100 blk. Vista Grande Dr. Male, fall from tree.
1600 blk. Tarleton. Non-injury auto accident.
1200 blk. Jamacha Rd. Non-injury auto accident.
900 blk. Sweetwater Rd. Female, knee injury.
900 blk. St. George. Male, seizures.
8900 blk. Switzer. Female, heart attack.
9000 blk. Rosedale. Female, medical aid.
1400 blk. Sangamon St. Malfunctioning alarm.

October 19, 1989

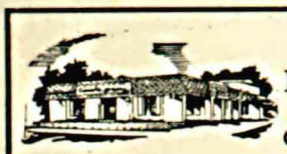
Miller Ranch Rd/Wachee. Non-injury auto accident.
10700 blk. Jamacha Blvd. Malfunctioning alarm.
Hwy 94/Kenwood Dr. Unable to locate.
2500 blk. Sweetwater Sprgs. Structure fire. Excessive heat build-up in oven.
3000 blk. Golfcrest Ridge. Female, abdominal pain.
2500 blk. Campo Rd. Cancelled enroute.
3000 blk. Golfcrest Ridge. Female, difficulty breathing.
500 blk. Ramona St. Male, medical aid.
4700 blk. Matty Ct. Female, dizziness.

October 20, 1989

3000 blk. Jamacha View Dr. Male, medical.
4600 blk. Hillview Dr. Arcing wires.
Troy/Central. Non-injury auto accident.
Campo Rd/Jamacha Blvd. Illegal burn.
Jamacha Blvd/Jamacha Rd. Auto accident, minor injury.
2600 blk. Jamacha Rd. Female, stab wounds.
8800 blk. Troy St. Good intent.
10700 blk. Jamacha Blvd. Female, fall victim.
1600 blk. Hilton Head Pl. Good intent.
9000 blk. Jamacha Rd. Vehicle fire, out on arrival.
9200 blk. Kenwood. Male, medical.
3200 blk. Sweetwater Sprgs. Small grass fire caused by fireworks display. No damage.

October 21, 1989

2100 blk. Helix St. Cancelled enroute.
1000 blk. Vista Madera. Female, broken arm.
3600 blk. So. Cordoba. Female, childbirth.
3500 blk. Paseo Salomoner. Male, full arrest.
Jamul Dr/Steel Canyon. Auto accident, head injury.
3200 blk. Helix. Refuse fire.
8700 blk. Valencia. Male, full arrest.
8800 blk. Jamacha Rd. Female, medical aid.
10000 blk. Nuerto Ln. Male, dislocated shoulder.
Hwy 94/Spring. Smoke check.
11500 blk. Avenida Marcella. Bomb removal.
1500 blk. Skyline Lane. Female, medical aid.
9100 blk. Kenwood. Auto vs. child, minor injury.
8700 blk. Jamacha Rd. Female, assault.
8800 blk. Jamacha Rd. Female, difficulty breathing.
8600 blk. Bigford. Female, unresponsive.
8700 blk. Jamacha Blvd. Female, medical aid.
800 blk. Grand Ave. Female, difficulty breathing.



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WEATHER

The following information was provided by the Lemon Grove Fire Department:

	High	Low
October 21	71	57
October 22	77	62
October 23	75	59
October 24	75	60
October 25	68	57
October 26	74	49
October 27	75	49

The precipitation this year to date is 0.43 inches. For the last year to date, the figure was 0.01 inches.

Obituaries

Stephan L. Clark, 26, student

Private services were planned for Stephan L. Clark, 26, of Lemon Grove at Conrad Mortuary Chapel. Burial in Mount Hope Cemetery was planned. Conrad Mortuary was in charge. He died October 18 in a hospital.

Mr. Clark, a native of Salt Lake City, lived in the county 12 years. He was attending a computer technician's college and had served two years in the Army as a military policeman.

Survivors include a son, Dean, of El Cajon; his mother, Janis, and Bill, of Lemon Grove; and four brothers, Jeff, of Utah, York and Trent, both of Palm Springs, and Tad, of Oregon.

Use Handy Subscription & Classified Coupons on Page 11

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P.O. Box 127, Lemon Grove, CA 92045 • (619) 469-0101

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Pete Kaufman — Publisher
Max Goodwin — Editor Emeritus
Robert Teel — Advertising Rep

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. All materials must be received by the Monday preceeding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertisers's order. Only publication of an advertisement shall constitue final acceptance. Address all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 92045

Sheriff's Dept. Log

Deputies of the Lemon Grove office of the County Sheriff's Department were investigating these burglaries which occured last week:

8200 blk. Broadway (Commercial). Cut locks. Tool box, $400; die grinder, $145; timing light, $231; multimeter, $220.
7800 blk. Golden Ave. Unknown. Answering machine, $125; mountain bike, $195; mountain bike, $250; touring bike, $300; 2 bikes, $555; back pack, $32; cash, $20; riding gloves, $64.
2800 blk. Cornelius. Removed tires from jacked up truck in back yard. Tires, $1,000.
2300 blk. Difoss St. Worked in house. Rings, $550; watch, $50; necklace, $25; earrings, $25; broach, $150.
6400 blk. Federal. (Commercial). Door propped open. Radio, $70; jackets, $385; fishing pole, $75; leather pants, $185; knife, $70.

Lemon Grove Fire Log

October 20, 1989

7500 blk. El Cajon Blvd. Automatic aid. Structure fire, cancelled enroute.
3700 blk. Boren. Automatic aid. Structure fire, cancelled enroute.
7800 blk. Broadway. Medical aid. Male, abdominal pain.
3700 blk. Massachusetts. Automatic aid. Male, unresponsive.
7900 blk. Nichols. Medical aid, possible overdose.
3200 blk. Buena Vista. Medical aid, vomiting blood.
2200 blk. Massachusetts. Medical aid. Female, unresponsive.

October 21, 1989

1700 blk. Glencoe. Medical aid. Female, chief complaint of pain under left shoulder.
7300 blk. Canton. Medical aid, cancelled.
Lemon Grove Ave. & Grove St. Medical aid. Assisted Hartsons with loading.
2200 blk. Bonita. Medical aid.
Buena Vista & San Miguel. Medical aid. Auto accident, unable to locate.
7800 blk. Lansing. Wires down.
1300 blk. San Altos Pl. Medical aid. Female, dizziness & weakness.
1700 blk. Dartmoore. Smoke check.
McKnight & Mt. Vernon. Medical aid, cancelled.
7600 blk. Broadway. Medical aid. Transient, sleeping on sidewalk.

October 22, 1989

8100 blk. Broadway. Vehicle fire, fully involved.
College & Federal Blvd. Hazardous materials. Drums used for soil testing.
3100 blk. Citrus. Medical aid. Male, dizziness and general weakness.

October 23, 1989

San Miguel & Massachusetts. Medical aid. Non-injury vehicle accident.
2500 blk. Cypress. Medical aid, possible overdose.
2000 blk. Skyline. Medical aid. Female, difficulty breathing.
1800 blk. Massachusetts. Medical aid, seizure victim.
7200 blk. Waite Dr. Automatic aid, motorcycle down.
7900 blk. Broadway. Medical aid. Single vehicle vs. pole.
8200 blk. Broadway. Medical aid, reported person down.
2600 blk. Glebe. Structure fire, fire out on arrival.

October 24, 1989

7900 blk. Palm. Structure fire. Smoke in building due to overheated autoclave.
2200 blk. Massachusetts. Medical aid, reported man down.
3200 blk. Olive. Medical aid, unknown medical problem.
6900 blk. Central Ave. Medical aid, unknown medical problems.
3100 blk. Bonita. Automatic aid, vegetation fire.
Imperial & Pidegon. Automatic aid, structure fire.
7300 blk. Broadway. Medical aid. Victim left scene prior to arrival.
Mt. Vernon & Hardy. Public service. Palm tree arcing in electric wire.

October 25, 1989

8000 blk. Lincoln. Medical aid. Female, chest pain.
94 East, East of Massachusetts. Reported vehicle fire.
Lemon Grove Ave. & Massachusetts. Vehicle accident, cancelled.
7100 blk. Central. Medical aid, reported electrical shock.
3400 blk. Main. Medical aid. Male, fall from roof.
Lincoln & School Lane. Vehicle fire.
2200 blk. El Prado. Medical aid. Male, reported injured ankle.

October 26, 1989

4400 blk. Bellflower. Automatic aid, structure fire.
1600 blk. 69th St. Medical aid. Male, lacerations due to fight.
7000 blk. Broadway. Medical aid. Vehicle accident with hydrant knocked off.
3200 blk. Acacia. Medical aid. Male, headache.
3400 blk. Brunei Ct. Medical aid. Female, cancer patient.

California Ballet Company to perform 'The Nutcracker' at Arts Center

America's favorite Christmas fantasy, "The Nutcracker," will be presented by the California Ballet Company during December in performances at the East County Performing Arts Center in El Cajon and the San Diego Civic Theatre.

Stars for this year's production will be ballerinas Denise Dabrowski and Karen Evans, principal dancer Patrick Nollet and soloist Sylvia Poolos of the California Ballet Company. Guest artists will be Otto Neubert, formerly soloist with the Stuttgart Ballet and New York City Ballet, and Mark Lanham, formerly a principal dancer with Ballet West (Aspen, Colo.), San Francisco Ballet and Roy Winnipeg Ballet.

In addition to guest artists and California Ballet Company dancers and corps members, the casts includes adult actors and youth dancers from California Ballet Schools and other dance schools throughout the community. Auditions were held in September, and rehearsals are now underway.

There will be 8 p.m. performances at ECPAC December 8–10, and 2:30 p.m. matinees December 9 and 10. The Civic Theatre schedule will feature 8 p.m. performances December 15–17 and 20–23. Matinees at 2:30 p.m. feature refreshments and visits with cast members. They are planned for December 16, 17, 22, 23 and 24.

California Ballet Company, San Diego's own professional ballet company, is presenting "The Nutcracker" for the 19th consecutive year. Tickets may be purchased by calling California Ballet Company at 560-6741 or 278-TIXS.

County Toughlove groups plan member workshop

Twelve active Toughlove parent support groups in the San Diego County area will be pooling their resources and presenting an Effective Member Workshop on Saturday, November 11, at the Del Cerro Baptist Church, 5512 Pennsylvania.

The goal of the workshop is to help parents, caregivers, and professionals a better understanding of the Toughlove philosophy and program.

Anyone in the San Diego County area that is interested in working with difficult adolescents or their families will benefit from this program.

Registration will begin at 10 a.m. and lunch is included in the $10 donation.

For further information about the workshop, please call Phyllis McCann at 436-3682.

Low-Fat holiday baking class slated by Healthy Gourmet

The Healthy Gourmet Cooking School will present "Holiday Quick Breads" on Saturday, November 4, at 11:30 a.m. The class will feature nutritious, low-fat recipes perfect for upcoming holiday meals and snacks.

Recipes will include harvest apple muffins, cranberry waffles, raisin-spice scones and Thanksgiving popovers.

The class cost is $14 in advance; $16 at the door, and will be held in Grossmont Hospital's Brier Patch Campus, 9000 Wakarusa Drive, La Mesa.

For reservations or information, call 668-4250.

Keenagers to meet at church

The Windsor Hills Keenagers will have their regular monthly luncheon-meeting at the Windsor Hills Baptist Church, 7485 Orien Drive, in La Mesa. The luncheon will be held at noon on Wednesday, November 8.

Chef Frank Andrews is back on the "range" to serve up another scrumptious meal. Frank Long, assistant pastor of Windsor Hills, will be in charge of the devotion and program.

All this, together with fellowship and sharing for a small donation of $1.25. Anyone 55 years or over is cordially invited.

Please call Anna Stone, 469-1361, or Pastor Terry, 463-1201 for reservations or information.

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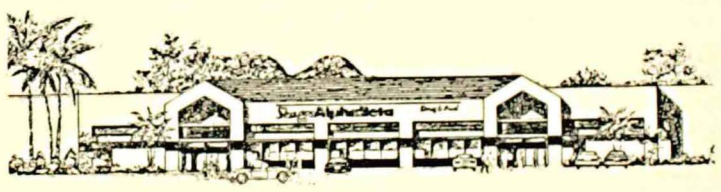

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STAGE SHOWS INCLUDE:

- "ELVIS PRESLEY EXCITEMENT," 1-3 p.m.
- IRA COBB DIXIELAND JAZZBO BAND, 10-1 p.m.
- EAGLE 105 LIVE RADIO SHOW, 12-4 p.m. Emcee, raffle drawings, Grand Prize drawing at 4 p.m.
- BEAUTY PAGEANT WINNERS, East County, 12-2 p.m.
- "COTTON CANDY" Song and Dance Group, 3-4 p.m.

LEMON GROVE PLAZA
Broadway, between Massachusetts & College in Lemon Grove
A PROJECT OF LANDGRANT DEVELOPMENT

Commentary

by Max Goodwin

If justice were to be served with an even hand, members of the U.S. Congress would be sentenced to a 20-to-life term in jail.

That would cover the amount of years most congressmen expect to be paid for "serving" their constituents.

Congress is finding ways to break the Gramm-Rudman-Hollings (GRH) Balanced Budget law which should be considered at least as criminal as non-congressional citizens who have faced courts for acts that are no more criminal.

Congress has broken the law that requires it to cut spending to reduce the budget. The interest it costs taxpayers on the deficit would pay for all of the social programs for the ill, disadvantaged, undereducated and drug correction programs.

It is yet to be seen what ploy Congress will utilize to deceive citizens who expect the GRH law to be obeyed. It is suspected that the law will be bypassed, and that Congress will make it necessary to raise taxes to cover its overspending.

Not only is some of Congress' spending foolish and profligate, it is no less criminal than that which has brought heavy penalties and/or jail sentences to non-congressional offenders.

If the same laws could be laid on members of congress as have been laid on non-congressional citizens, may law-makers in Washington would be serving jail time now. But Congress has also made many laws that prevent making congressional dishonesty actionable.

As examples, let's scan a few events that have brought some non-congressionals to court. Some have bilked victims of huge sums but these sums were not nearly so large as the sums Congress is forcing upon citizens as taxes.

Without suggesting that penalties given to those who have been found guilty should be forgiven, we list some which have cost citizens less than the national deficit, yet for some in Congress, face little or no penalty at all for such actions.

1. Jimmy Bakker, in jail, bilked millions from innocent believers—far less than Congress wastes in taxpayers' dollars over the same period of time.

2. Jerry Dominelli, in jail, for doing to a smaller group what Congress does to all taxpayers.

3. Former Mayor of San Diego, Roger Hedgecock, seeking a new trial for allegedly accepting financial election help, a miniscule amount if measured by what some congress members take.

4. Zsa Zsa Gabor, found guilty of various auto law infractions, fined and sentenced. News sometimes leaks out about the same infractions by congressmen, but if penalties are laid, we seldom hear of them.

5. Pete Rose. No cost to taxpayers, but loss of professional status. Congress members, accepting pay for making speeches favoring matters on which they will vote favorably, are no less culpable than Rose.

6. Some employers who face sexual harassment charges by female employees, face a stiff fine, sometimes mental rehabilitation even though charges are sometimes "iffy." Congressman Jim Bates, not denying such charges made by female members of his office, was given a token slap on the wrist by the congressional investigation committee.

A great discrepancy exists between those who face a court of justice and those who enjoy self-imposed immunity.

From Where I Sit

by Frank Andrews

That big funnel in the sky

After marrying my "beautiful Okie blondie" I did not realize how many relatives she had back in Oklahoma. A couple of years after my marriage, my bride said, "I'm going to take you back to my native land to meet the tribe."

Being from Minnesota, "the land of 10 million Swedes," I was accustomed to first names like Ole, Lars, Pete, Inga, Swen, Olga, and etc. Not so in the Oklahoma territory. All my wife's kin had two given names such as Mary Reba, James Earl, Tommy John, Carolyn Jane, and so on.

Incidentally, my wife's name is Willie Marie, of which I heartily approve because it identifies Willie from me, Frankie. With her large family of many names, it could have been several moons before I learned their first names, let alone a second.

So, I made up short nicknames for each one such as Slim, Deadeye, Whitey, Lightnin', Babe, Pid, Sis, and so forth.

The natives of Okie Land are the most friendly and hospitable in the whole country. Those ladies are all good cooks with every meal from "scratch" recipes, not instant or microwave. Food prepared back there is "gourmet country style," especially their white gravy which really sucks to your ribs, and I do believe could be used to hang wallpaper.

On that first trip East to meet all her kinfolk, I encountered my first tornado get-together. Back in my Swede country, the same storm was called a cyclone with all the "to-do."

Twice during our short stay of about a week, the Hobart fire siren screamed out the tornado warning which is usually frequent in the spring storm season.

Every neighbor in the block scurried to his or her designated storm cellar, grabbing a basket of goodies along the way. That cave-like hole in the ground has the main purpose of storing provisions for the winter such as fruit and vegetables, but doubles as a safe place during the storms.

Everyone huddled together in this tiny "home away from home" to pray for survival and sweat out that big funnel in the sky. They had T.V., radio and shelves loaded with preserves. So together with baskets of stuff that had been brought along, the long wait for "all clear" turned out to be a festive social event.

I stayed underground long enough for my fill of the "goodies" and then topside I went. I do believe that if the Lord wanted me badly enough, He could find me wherever I would hide.

I will always be grateful to my wife's fine Oklahoma family for accepting this old sinner into their Christian lives.

New drivers' eyes need more than a quick check

While their budding drivers are busy learning traffic laws and parallel parking, parents should steer them to an optometrist's office for a thorough eye exam, says James W. Cummins, O.D.

"The vision tests at drivers' license bureaus are really nothing more than quick screenings to catch the most obvious vision problems. Often, more subtle vision problems contribute to driving accidents," said Dr. Cummins. "Only a thorough eye examination can diagnose those."

Sharp, clear distance vision is one skill generally checked by license bureaus. Yet the screen is done while standing still. When behind the wheel, many young drivers are moving and their visual acuity may be different.

New drivers also need precise depth perception to judge distances between their cars and cars approaching or ahead. Peripheral awareness — the ability to detect objects and movement to the sides while looking straight ahead — is essential in spotting pedestrians and vehicles to the side and, along with good eye tracking skills, helps young drivers keep their vehicle in the proper driving lane.

Other driving vision skills that may not be checked with the license bureau's screening include the ability to see against the glare of approaching headlights, good eye coordination to see a single proper image and good color perception to instantly recognize various colors of road signs.

"Most vision problems can be corrected and can make driving safer for teens experiencing the new freedom of driving," Dr. Cummins said.

Sports Commentary

By John E. Wirges

Dear Joan Kroc — Don't Sell

On bended knee I plead. Dear Joan don't go. Keep the club. Baseball needs owners like you. We need you. Our community needs your leadership. All of us fans need your understanding and the sense you give of being one of us.

But most of all, the Padres need you. Now, more than ever. Not the players this time. It's vacation time for them. They're off until spring training. They're in their community service and golf season.

The action shifts to the front office during the winter months. It's time for signings and trades and such. Your top staffers are the ones who need your guiding hand, your challenge to excellence, your demand for professional performance.

The 1990 pennant races are probably going to be decided by the teams that resign their own free agent eligible stars, take a positive approach to the free agent market to fill holes in the starting lineup and fill the need for bench power, pitching relief pitching and more pitching.

It's going to take strong ownership to support the aggressive marketplace dealings the Padres must make to maintain their competitive posture.

Trader Jack McKeon has the chutzpah to charm a tiger out of its stripes and he knows Padre needs and the marketplace like the inside of a cigar box.

But, even an astute trader like McKeon can't deal for a club where the guidance of strong ownership is subject to sale.

It isn't easy to ride herd on a remuda full of stallions but that is part of the challenge of ownership. You have weathered bad advice and corrected faulty judgement in growing to the demands of your unique office. Now, you are all but irreplaceable.

Chub Feeney is back in San Francisco cheering (as always) for his Giants and George Argyros is unlikely to find a home in the National League. Both are chapters in the past.

The future is bright with opportunity, but strong ownership support is the cornerstone of successful, aggressive pursuit.

In the order of importance, sign Mark Davis before the sun sets. The price will be embarrassingly more than it would have been last spring, but he's worth more than even his agent thinks.

Then, send Trader Jack after Mark Langston with an offer he can't refuse. You'll probably save money by aggressive action now, before baseball's winter meetings prompt a bidding war.

There are still holes to fill. The Padres could use a strong-armed 3rd baseman capable of hitting .280 or so with 20 home runs or maybe 80 RBI. Ditto that for a fleet-footed center fielder.

A stronger bench would certainly help. You can't find power hitters at the bargain counter, but they earn their keep in the pressure cooker of late inning rallies.

The Padres drew 2 million in 1989 with a late season surge. They could top 3 million paying fans as soon as next year if they battle near the loop top over the course of the entire campaign.

It's all possible. It's even probable. But it's only likely if the chemistry remains on line and Joan Kroc keeps a steady hand on the reins.

Don't sell, Joan. Keep the Padres. We need you. Ray gave us promise and hope. You can make it all come true.

Vietnam Vets' Memorial replica due at Pendleton

Public viewing open daily through November 9

A half-scale replica of the Vietnam Veterans' Memorial in Washington, D.C. is scheduled for exhibit at Camp Pendleton Marine Corps Base, November 3rd through the 9th.

The memorial will be available for public viewing from 6 a.m. to 10 p.m. daily on the football field across from the Main Exchange on Camp Pendleton.

The exhibit is sponsored by U.S. Marine Corps at Camp Pendleton and Southern California Edison, operators of the San Onofre Nuclear Generating Station.

The residents of San Diego and Orange Counties are invited to visit the memorial. The Base will be open to all persons who wish to visit the memorial.

"The original Vietnam Veterans' Memorial is dedicated to those who served and sacrificed their lives while in the armed forces in Vietnam," a spokesman for the sponsoring organizations stated.

"It is a particularly moving experience to those who were touched by the Vietnam War. It includes the names of American military personnel killed in action between 1959 and 1975," the spokesperson added.

The exhibit coincides with the observance of Veterans Day on November 11 and the 214th Marine Corps Birthday on November 10.

The traveling memorial exhibit is nearly 253 feet long overall, about half the size of the Vietnam Veteran's Memorial in Washington, D.C.

Names are arranged in chronological order according to the date of casualty. Within each day, the names are alphabetized. Service members classified as "Missing in Action" are placed according to the date they were reported missing.

FOR MORE EXCITING VALUES LOOK IN YOUR MAILBOX FOR THE WEEKLY ALPHA BETA CIRCULAR

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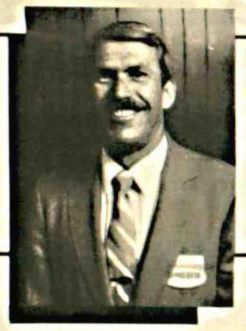

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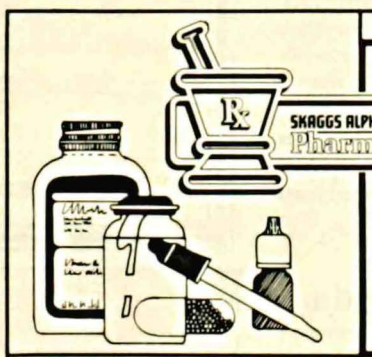
★ FLORAL DEPT. ★	★ VIDEO RENTALS ★



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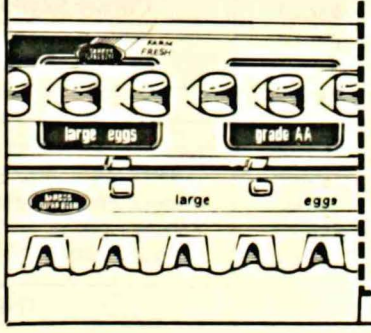

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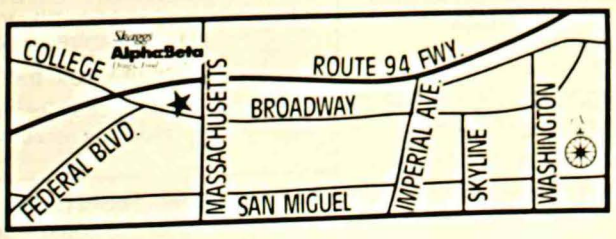

LEMON GROVE

7090 Broadway

OPEN 24 HOURS

Disaster preparedness can save lives during earthquakes

On Tuesday, October 17, 1989 at 5:04 p.m., the lives of thousands were devastated by a major earthquake in the San Francisco Bay area. Many people survived the earthquake unharmed while others required emergency medical assistance. Learning emergency lifesaving and first aid techniques can mean the difference between life and death during an unexpected disaster.

Be prepared for disasters and accidents with Red Cross earthquake and disaster preparedness materials and by taking a Red Cross health and safety course. The following health and safety courses are being offered during November at the Red Cross East County Service Center, 1282 East Main, El Cajon.

"Community CPR" (Cardiopulmonary Resuscitation) teaches the techniques of combining rescue breathing with external cardiac compressions to restore breathing and heartbeat in cardiac arrest victims. Students will also learn how to administer first aid for an obstructed airway. Techniques taught will apply to infants, children and adults. This eight-hour course will be given November 6 and 8 from 6–10 p.m.; and November 14 and 18 from 8 a.m.–5 p.m. A seventh-grade reading level is recommended. The course fee of $25 includes all materials. Certification, valid for one year, will be awarded upon successful completion of this course.

"Standard First Aid" covers the fundamental principles and skills needed in administering first aid, preventing accidents and responding to cardiac and respiratory emergencies. A course fee of $24 includes printed materials, training equipment and certification. Certification is for 1 year Adult CPR and 3 years Standard First Aid. This eight-hour course will be offered November 7, 9, 13, 15, 28 and 30 from 6–10 p.m.; and November 2 from 8 a.m. to 5 p.m.

"Community CPR Instructor" is a twelve-hour course that reviews "Adult CPR," "Infant/Child CPR" and "Community CPR" course content. Students will also learn teaching methods, course material and administrative duties required for CPR instruction. Participants must be certified in "Community CPR" and "Introduction to Health Service Education." The course fee of $30 includes printed materials, training equipment and certification. Classes will be held November 7, 9 and 14 from 6 to 10 p.m.

"Basic Life Support CPR Instructor" is designed for an individual interest in instructing, "BLS: For the Professional Rescuer," in addition to "Adult CPR," "Infant/Child CPR," and "Community CPR." Participants will learn the techniques to teach others these lifesaving skills, and the use of teaching aides and materials to enhance their presentation. This is a six-hour course by can be completed in four hours if taken immediately following "Community CPR Instructor." The $30 course fee includes all printed materials and one year teaching certification. The prerequisites for this course are current certification in "Community CPR Instructor," "BLS: For the Professional Rescuer," and "Introduction to Health Services Education." This course is offered November 16 from 6 to 10 p.m.

A two-hour "Introduction to Disaster Services" will be offered on November 2 from 6 to 8 p.m. This course is free and provides and overview of Red Cross Disaster Services. The course teaches students the role of the Red Cross in disaster situations and how to aid disaster victims.

Pre-registration is required for all classes. Course fees are non-refundable and must be paid no later than the last business day prior to the class. Registration for all classes is provided only at Red Cross offices. For more information, contact your American Red Cross at 440-7813.

Military Widows plan luncheon

A Thanksgiving covered dish luncheon will be enjoyed by the Inland San Diego County Chapter, Society of Military Widows, following the business meeting Saturday, November 11.

Military Widows from all five services are encouraged to bring their favorite dish and enjoy the luncheon and camaraderie with their friends, and make some new friends, too. The meeting will be at 10:15 a.m. at the Hillside Recreation Center, 840 Buena Terrace, El Cajon. Further information may be obtained by calling 443-8804 or 465-2140.

Republican Women to hold annual convention November 6

The San Diego County Federation of Republican Women will hold its Annual Convention on Monday, November 6 at the Bahia. Primary business will be the election of 1990 officers and action on proposed bylaws amendments. New officers will be installed by June Wallin, President of the California Federation of Republican Women.

Luncheon speakers will be Mr. Tom Hayes, California State Treasurer, and Ms. Bay Buchanan, candidate for State Treasurer. Buchanan, the sister of Conservative Journalist Pat Buchanan, was U.S. Treasurer under President Ronald Reagan.

The public is welcome. Registration ($3 fee) will commence at 8:30 a.m. in the Mission Bay Room; the convention will begin at 9:45 a.m. For further information and luncheon reservations ($16.50), call Mrs. Dorothy Bradley, 295-8742.

Senior Dances to continue

The Lemon Grove Recreation Department is continuing the Senior Dances on the first Sunday of each month from 2 p.m. to 5 p.m. The dances will now be held at the beautiful, new Lemon Grove Senior Center, 8235 Mt. Vernon Street.

Admission is $1.25 per person. Paul Collins Swing Tones will play for your dancing pleasure. Our December dance is scheduled for Sunday, December 3.

Sons of Norway dinner set

Sorlandet Lodge #105, Sons of Norway, El Cajon, will hold a lutefisk and meat ball dinner at the V.F.W. Hall, 136 No. chambers in El Cajon on Sunday, Nov. 12, from 4 to 7 p.m. Donations are $10 for adults and $5 for children under 12. For reservations call the Petersons at 442-9590.

Academy to present 'Cinderella'

The classic fairy tale, "Cinderella," will be performed by students of the Academy of Our Lady of Peace and Saint Augustine on November 17, 18 and 19. Directed by Tom Rusch, the production will incorporate over 75 students. Cast members include: Michelle Cockayne (Cinderella), Matt Kenney (Prince), Laura Bolwerk (Stepsister), Margaret Goebel (Stepsister), Brandy Loomis (Stepmother), Keith Nixon (King), Mark Genter (Courtier), Maria Genter (Queen), Elisa Taube (Fairy Godmother), and Kristi Adams (Lady).

The musical will be performed at the Academy and will include two evening performances and one matinee performance.

Tickets are $5 and may be purchased by calling 297-2266.

Better Breathers November agenda

The East County Chapter of the Better Breathers Club, a support group for people who suffer from chronic lung disease, sponsored by the American Lung Association, will host two meetings in November.

November 3- A special presentation by Cheryl Durstein-Decker, an asthma sufferer and nationally ranked triathlete. She was the first woman to compete in and finish the Double-Iron Man triathlon (1986, Hunstville, Ala.), a non-stop 4.8 mile swim, 224-mile bicycle ride, and 52.4-mile run, and used a medicated inhaler every hour to prevent an asthma attack. She will talk about staying competitive while coping with asthma and how to start an exercise program of your own.

November 17- Members will discuss end-of-the-year business, including officer elections and next year's plans. A social will follow.

Both meetings will be held at the La Mesa Senior Center, 8450 La Mesa Blvd., from 1–3 p.m. For information, call 297-3901.

In The Service

News of our armed forces personnel and their families

Army Reserve Private **Blake A. Cheary** has completed basic training at Fort Leonard Wood, Mo.

Cheary is the son of **Jacalyn J. Horton** of Lemon Grove.

Come Join Us in Celebrating

Lemon Grove Lutheran Church's 40th Anniversary

2055 Skyline Drive

9:00 a.m.

Sunday, November 5: Reverend Norlan Hanson of Our Savior's Lutheran preaching

Saturday, November 11: 40th Anniversary banquet

E.J. Volkmann, pastor **A.R.H. Johnson, pastor emeritus**

Worship Directory

LEMON GROVE LUTHERAN CHURCH
Corner Skyline & Alton Drive
Edward J. Volkmann, Pastor
Telephone: 465-7301
Worship 9:00 a.m. Sunday School 10:15 a.m.

Attend This Church or Another Good Church
TRINITY BAPTIST CHURCH
8487 Paradise Valley Rd., Spring Valley
GEORGE W. PANNEL, PASTOR
Telephone: 479-0378

THE POTTER'S HOUSE CHRISTIAN FELLOWSHIP
123 Worthington Street, Spring Valley
Alpheus Fisher, Pastor 479-1460
Sunday Worship: 11 a.m., 6:30 p.m.
Sunday School: 10 a.m. Sun., 7:30 p.m. Wed.

LEMON GROVE CONGREGATIONAL UNITED CHURCH OF CHRIST
2770 Glebe Road • Lemon Grove
Edward & Joan Pettis, Co-Pastors
Sunday Worship & Church School, 10:15 a.m.

THE CHRISTIAN CHURCH
of Lemon Grove
6970 San Miguel Avenue
465-1888
TOM WEST – Minister
JOHN KENNETT – Assoc. Minister
BIBLE SCHOOL and WORSHIP 8:15, 9:15 &10:30
SUNDAY EVENING-6:00 WORSHIP.
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Call Rectory for information and Mass Schedule. 466-3209

Your church could be in the Worship Directory.
Call 469-0101 for rates and other information.

Matadors beat Granite Hills in Homecoming football match

The Mount Miguel Matador football team lit up the scoreboard beating Granite Hills 35-26. The Matadors didn't wait for the halftime fireworks show to begin. Sophomore running back Early Bryers took the opening kick-off 92 yards for the first of his two touchdowns. His second TD started the second quarter just as quickly with a 55-yard TD run. In between Bryers heroics, Matador quarterback Steve Lindley tossed a 35-yard pass to Keith Baldwin to set up a one-yard touchdown by running back Corey White and Lindley completed a 59-yard bomb to sophomore wide-receiver Chris Fanning to make the score 28-0.

The Mount Miguel offense couldn't rest, however. Granite Hills made a game of it by scoring 26 unanswered points. Eagle running back Shane Spencer scored four TD's on the night with runs of 94, 1, 61 and 75 yards. Leading 28-26 in the fourth quarter White scampered 52 yards for an insurance score. Place kicker Jose Rael converted all five point after touchdowns for the winners.

Adult Center announces schedule

Mt. Miguel Adult Center announces a schedule of day and evening 1989 Fall Computer classes covering Introduction to Computers, Lotus 1-2-3, MS-DOS, WordPerfect, and dBase II Plus. The classes are 9 weeks and cost $15. Second quarter classes start the week of November 13, 1989.

The Mt. Miguel computer lab is equipped with 29 IBM compatible computers. The size of each class is limited to insure every student a computer and hands-on practice; therefore, early pre-registration is recommended. The Center is located at 1800 Sweetwater Road in Spring Valley. Phone 579-4775 for class schedules or additional information.

International tour meeting set

An information and sign-up meeting for the "Emerald Buddhas, Golden Peacocks" adventure tour being offered by the College of Extended Studies of Grossmont-Cuyamaca Community College District will be held Saturday, November 4, at 9:30 a.m. in Room 544B on the Grossmont College campus, 8800 Grossmont College Drive, El Cajon.

Departure from San Diego will be February 11, 1990, for a 19-day tour to Bali, Indonesia, Thailand, Singapore, Hong Kong, Manila and Corregidor. A study session will be held prior to the departure date. The tour will be escorted from San Diego. For additional information, call 465-1700, extension 653.

Mt. Miguel *El Trovador* News Briefs

Miguel P.A.L., Mt. Miguel's (Project Automated Library), held a face-painting contest on Tuesday, to stir up interest in future fund raising events. The contest judged on overall creativity was won by Estella Calles.

The Mt. Miguel 1989 Homecoming Queen, announced at half time at the game against Granite Hills on Friday, is Tracye Parker who is Editor in Chief of El Trovador and Senior Class President. Jeremy Howard, A.S.B. President, was crowned King at the dance.

Although Mount Miguel's Water Polo team lost to Monte Vista 10-7 on Wednesday, October 25, they came back to defeat Granite Hills on Friday, October 27, by a score of 14-7.

Mt. Miguel winners of the freshmen elections were announced this week. New officers are: President, Eric Toboga; Vice-President, Rachael Cervantes; Secretary, Cassandra Ruplev; Treasurer, John Barongana and Melinda Forest (tied). A run-off election will decide the treasurer.

The Mount Miguel Band and Specialty Corp. will be competing in the El Camino tournament on Saturday, November 4th.

Stephanie Hubbard and Monica Rojas, co-captains of Mount Miguel's cheerleaders, are supervising try-outs for male yell-leader. Participants in try-outs are: 1989 Homecoming candidate, Mike Kohler; varsity soccer players, Ricky Rameriz, Norman Hardman and Steve Godwin; varsity football players, Scott Goff and Keith Baldwin; former football and baseball player Spencer Goff; and wrestler Michael Holmes.

"Alice in Wonderland," the seniors' Homecoming float, won first place in the class competition. Second place went to the juniors' interpretation of "Peter Pan," followed by the sophomores' "Snow White," and the freshmens' "Cinderella." Floats were displayed before the game on Friday night.

The Matador wrestling team under the supervision of Coach Steve Boderin and Assistant Coach, Brian Millum, opened its season on November 1st. Alumnus Dwayne Booth, Mount Miguel's state champion, paid a visit to this year's team during practice last Friday to wish them luck. Dwayne, last year's Homecoming King, was on campus to crown his successor.

Top runners at the Mt. Sac competition were Robbie Peterson and Gary Lawrence. Next for the Matador runners will be the league final, November 4th, followed by the C.I.F. on November 10th.

Mount Miguel's Girls Tennis team suffered a temporary loss with the absence of their best player, Jennifer Olow, who is considered one of the top five in the league. Her injury in a softball game kept her off the courts for a week.

The California Scholarship Federation, which is California's version of the National Honor Society, is alive and well again at Mt. Miguel under the direction of David Schultz. Forty-one members were accepted on the basis of having at least 3 A's and no D's or F's. Officers for this year are President, Norma Alonzo; and Vice-President, Jennifer Olow.

The membership includes the following:

Grade 10: Cahterine Canillas, Gerald Cayanan, Deborah Earman, Janina Gabat, Richard Jones, Gabriela Lopez, Hon Manning, Charles Mata, Lydia McKay, Donovan Morris, Duyen Nguyen, Ryan Pesicka, Malcolm Robinson and Hung Tran.

Grade 11: Spencer Goff, Shannon Heavilin, Joaquin Leon, Sandra Lobbes, Harry Pedersen, Reem Radwan, Charlotte Sanabria, Ronald Smith and Teri Zimmer.

Grade 12: Grace Agnis, Norma Alonzo, Leilani Anglo, Janie Barnum, Nelson Bayla, Marialuisa Cayanan, Arlynn Celestial, Elizabeth Bouglass, Steve Godwin, Scott Goff, Alsion Hoffarth, Stephanie Hubbard, Michael Kohler, Brenda Lazok, Rebecca Miller, Andy Morse, Tracye Parker, Joan Reyes, Alexea Ringo, Fabiola Vorac and Shawn Ward.

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Clothing & Shoes 15% off
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7551 Broadway
Lemon Grove
460-2990

Supervisors name Allen to Veterans Advisory Council

The San Diego County Board of Supervisors has appointed David C. Allen of Lemon Grove to the Veterans Advisory Council for a term expiring January 4, 1993. The appointment was on the recommendation of George F. Bailey, Supervisor of the Second District.

Allen, a U.S. Navy veteran, is an instructor with the San Diego Community College District. He is a member of the Vietnam Veterans of America, Disabled Veterans, National Society of Performance and Instruction, and the American Vocational Education Association.

New rehabilitation director joins Grossmont Hospital

Robert Zitsman has joined the staff at Grossmont Hospital as Director of Rehabilitation Services. Zitsman is responsible for all rehabilitation services at Grossmont, including inpatient and outpatient rehabilitation nursing services, physical therapy, occupational therapy, speech and cognitive services, social work and psychological services, and outpatient physical and occupational therapy.

Before coming to Grossmont, Zitsman was vice president of planning and marketing at SSM Rehabilitation Institute in St. Louis. He earned a master's degree in business administration from Wright State University, and received his bachelor's degree from Ohio State.

Zitsman has extensive experience in developing marketing plans, negotiating service contracts, promoting services and creating programs for the physically challenged.

Potters plan Christmas sale

The San Diego Potters' Guild announces their Christmas pottery sale to be held November 11 and 12 from 10 a.m. to 4 p.m.

Hand-crafted pottery and sculpted pieces will be displayed in the Spanish Village courtyard in Balboa Park, located between the Zoo and the Natural History Museum.

Clothing drive to benefit Adult Rehab Center

The start of the fall campaign for donated clothing was announced recently by the San Diego Dry Cleaners Association, Inc.

The clothing drive is planned as a benefit for the Adult Rehabilitation Center of The Salvation Army and will run through the Christmas season.

"The Dry Cleaners Association is better organized and prepared for this campaign," said L. Wayne Hadjes, president.

"We are expecting all of our 250 member stores to participate in the drive which is directed at collecting unwanted by wearable clothing from our customers, cleaning them and turning over the results to The Salvation Army.

"This will be in addition to the unclaimed clothing collected by the cleaning establishments. All donated clothing will be dry cleaned or washed before The Salvation Army receives it."

Hadjes said that the clothing driver last Spring was the Association's first attempted and served as a trial-run for the current campaign.

Customers can recognize the participating dry cleaners by the red and white window signs and the inside counter cards.

Grossmont Hospital welcomes Bono, new business planner

The Planning and Marketing Department at Grossmont Hospital has announced the appointment of James Bono as Manager of Marketing and Business Development.

Bono's primary responsibilities are to create the business and marketing plans for new and existing programs and services in the hospital.

He also works with the individual departments within the hospital to help implement their plans.

A native Californian who grew up in the San Joaquin Valley, Bono comes to Grossmont Hospital from St. Joseph's Healthcare Corp. in Albuquerque, where he was Director of Planning for the past six years.

He holds a master's degree in health care administration from the University of Washington, Seattle, and has extensive experience in data base and information systems, healthcare marketing, project development, and strategic planning.

Blood Bank to host countywide blood drive for Veteran's Day

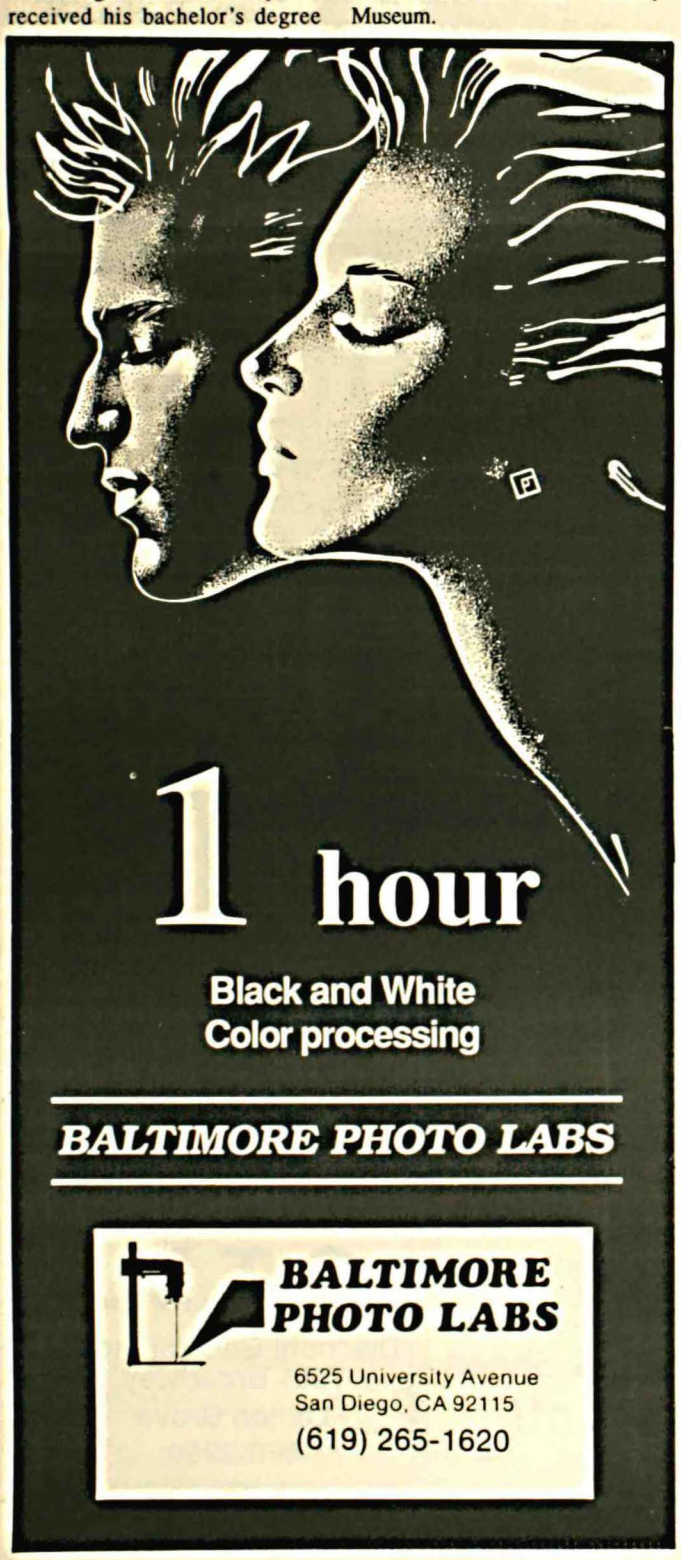
Volunteer blood donors and veterans' organizations are invited to remember Veterans Day, Saturday, November 11th in a special way by giving "the gift of life" in honor of those who gave their lives for their country.

Each donor who gives that day will receive a commemorative American Flag lapel pin to wear with pride for the holiday.

All three locations of the San Diego Blood Bank will be hosting the Veterans Day Blood Drive. Donors may give at the San Diego Blood Bank, 440 Upas St., San Diego; the North County Donor Center, 1845 East Valley Parkway, Escondido; and the North Coastal Donor Center at 161 Thunder Dr., in Vista.

November is traditionally a difficulty time for the San Diego Blood Bank as volunteer donations can drop dramatically due to seasonal activities. The San Diego Blood Bank needs 325 pints of blood everyday to supply all 27 civilian hospitals throughout the county. Blood collected during the Veterans Day holiday will help to supply hospitals through the Thanksgiving holiday.

For more information, contact the San Diego Blood Bank, 296-6393, or the North County Donor Center at 489-0621.



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Lemon Grove 463-8871

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Students learn how money works

Golden Avenue students had a taste of real life recently when the MONEYWORKS exhibit came to the school for a week. MONEYWORKS is a traveling, interactive exhibit developed by the Children's Museum of San Diego, and its purposes are to simulate real life situations and to help students learn to manage money. There are six modules in the exhibit: an ATM machine, a store, a payroll office, a restaurant, and four billing offices for telephone, housing, utilities, and auto.

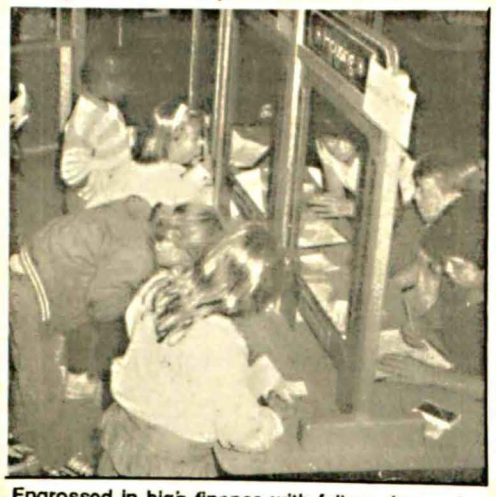
Students actively engage in the exhibit and with each other. They form a mini-community of workers and consumers while making decisions and using props, real equipment, and MONEYWORKS money. Golden Avenue students in grades 2-5 had their own checking accounts, acted as clerks, tellers, waiters, and others who received wages, paid bills, used the ATM machine, and found themselves having to think and plan ahead.

Comments from the teachers whose classes used the exhibit were positive, and the students and teachers are looking forward to MONEYWORKS making a return visit to Golden Avenue School next year.

The Review thanks Bill Baucher, principal of Golden Avenue School, and Fran Hanley, who teaches a combined 4th and 5th grade for their help with this story.

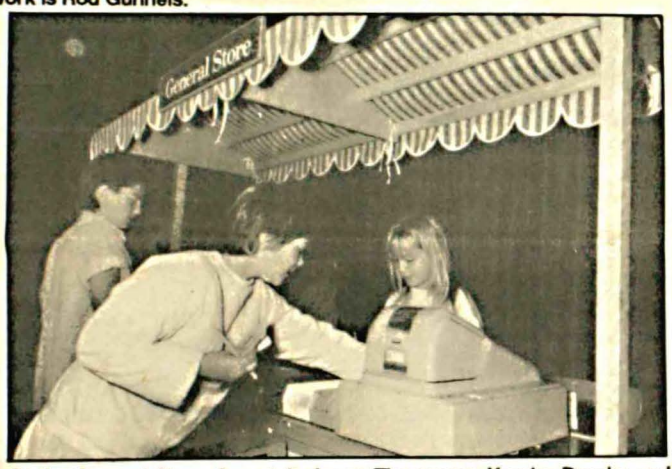
Photos by Pete Smith/Viewfinders

Filling out paperwork is Rod Gunnels.

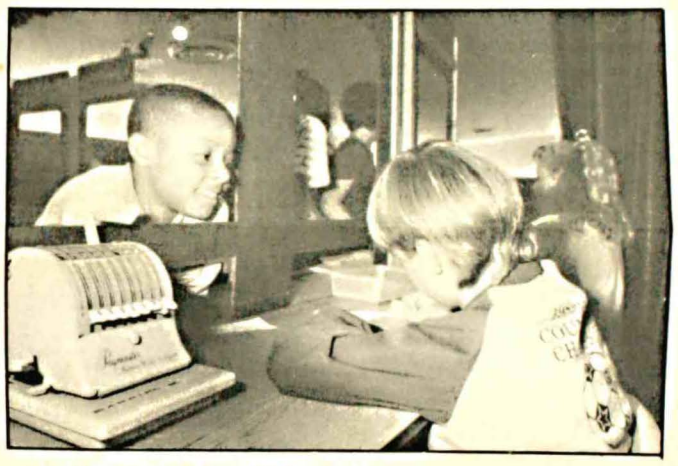


Engrossed in high finance with fellow classmates are Maisha Drake, Shaun DaSilva, Garret Earley and Adrian Tavizon.

Cassie Ragan, left, Alana Martinez, and Earl Frazier, bottom.



At the General Store, from left, Jason Thompson, Kendra Brooks and Mallisa Baustian.



Yemi Ogunbase, left, and Brian Jones.

Kendra Brooks receives money from "automatic teller machine," Earl Frazier.

At the counter, Silvia Valentan, and Mallisa Baustian and Debbie Sutton at the register.

Early medical care especially important for teenage mothers

Every year in the United States, more than one million teenage girls become pregnant. This is the highest number, and by far the highest rate, of teenage pregnancies among the industrialized countries of the world.

Teenage girls are at high risk for having low birth weight babies—the leading cause of infant mortality—as well as for pregnancy-induced hypertension and premature labor. The support and guidance of families and friends is important to help these girls reduce their risks and have the healthiest pregnancy and baby possible.

A girl's close friends can help right from the start by getting her into a prenatal care program. Many girls are ashamed or afraid of being pregnant and try to hide their condition by avoiding getting help and medical care. It is important to help these girls understand that early and regular care is critical for a healthy pregnancy.

In a prenatal program, the teenage mother-to-be can learn what to expect during pregnancy, the best diet for her and for her unborn baby, and important medical facts about activities that might be harmful to her and to the fetus.

Regular check-ups will show if the baby is growing normally and give early signs of any medical problems. Many clinics also have support programs to help teenagers cope with emotional problems or other concerns brought on by pregnancy. In many places there are also special classes or schools for pregnant teens so that they can continue their regular education in a comfortable environment.

Generally, a woman requires about 300 extra calories a day during pregnancy, but teens require even more to nourish their growing bodies and the developing fetus. Teens are more likely to eat fast food or junk food that have many calories but are of low nutritional value.

Smoking, drinking alcohol, and using drugs can be harmful to the developing fetus. The pregnant teen needs to be aware of these risks, and, if necessary, to seek help in giving them up, or cutting back.

If you know a pregnant teen, or are a pregnant teen yourself, keep in mind that getting good medical care for the very beginning of pregnancy is essential to insure a healthy pregnancy, the birth of a healthy baby, and your own future good health.

AIDS education videos donated to San Diego area libraries

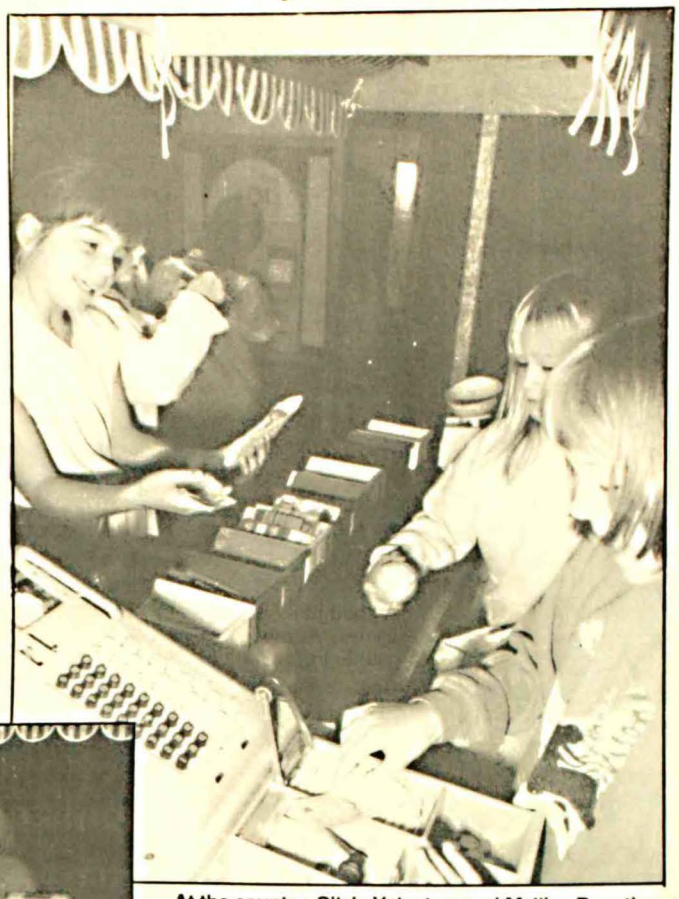
To encourage AIDS (Acquired Immune Deficiency Syndrome) awareness and promote AIDS education during AIDS Awareness Month, the American Red Cross, San Diego/Imperial Counties Chapter, has donated AIDS education films to the San Diego City and County library system.

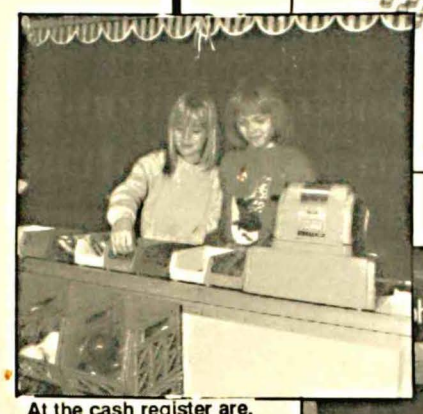
The films, "Don't Forget Sherry," "A Letter from Brian" and "Answers About AIDS," deal with specific issues relating to the HIV virus. The films were created to reach as many ethnic and social groups as possible and dispel AIDS-related rumors.

Each of the 36 branches in the county library system and the 30 branches in the City of San Diego library system received a copy of each film. A total of 198 films were distributed.

The local Red Cross also offers a variety of AIDS education programs and literature.

More Moneywork$ Photos





At the counter, Silvia Valentan, and Mallisa Baustian and Debbie Sutton at the register.

At the cash register are, from left, Mallisa Baustian and Debbie Sutton.

Rod Gunnels waits as, left, Kendra Brooks and Ben Koskovich pay their bills.

Photos by Pete Smith/Viewfinders

PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 23017
The Name of the Business:
D & J AUTOMOTIVE – INDEPENDENT HONDA
located at: 2241 Lemon Grove Ave. in Lemon Grove, 92045 is hereby registered by the following owners:
DANIEL J. GILDEA
2241 Lemon Grove Ave.
Lemon Grove, CA 92045
and
KENNETH ROBERT VAN DYKE
2241 Lemon Grove Ave.
Lemon Grove, CA 92045
This business is conducted by: a General Partnership.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
DANIEL J. GILDEA
Daniel J. Gildea
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 10, 1989.
Lemon Grove Review
October 12, 19, 26 & Nov. 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 24222
The Name of the Business:
CONSOLIDATED ENTERPRISE
located at: 1706 La Corta in Lemon Grove 92045 is hereby registered by the following owners:
JAMES R. EYLER
4511 Glen St.
La Mesa, CA 92041
and
ROBERT W. EYLER
1706 La Corta
Lemon Grove, CA 92045
This business is conducted by: Co-Partners.
The registrant commenced the transaction of business on: 5/13/83.
Signature of Registrant:
JAMES R. EYLER
James R. Eyler
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 25, 1989.
Lemon Grove Review
November 2, 9, 16 & 23, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 24146
The Name of the Business:
THE COHEN GROUP
located at: 3550 Camino Del Rio North, Suite 100A in San Diego, 92108 is hereby registered by the following owner:
HANNAH SIMA COHEN
17210 Vendor Place
Poway, 92064
This business is conducted by: an Individual.
The registrant commenced the transaction of business on: October 12, 1989.
Signature of Registrant:
HANNAH S. COHEN
Hannah S. Cohen, President
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.
Lemon Grove Review
October 26, November 2, 9 & 16, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 23561
The Name of the Business:
DUGGIE'S KART PARTS
located at: 2784 Cypress Ave. in Lemon Grove, 92045 is hereby registered by the following owners:
MELVIN P. DUGGIE
2784 Cypress
Lemon Grove, CA 92045
and
JUDY B. DUGGIE
2784 Cypress
Lemon Grove, CA 92045
This business is conducted by: Indivduals–Husband and Wife.
The registrant commenced the transaction of business on: 10-11-89.
Signature of Registrant:
J.B. DUGGIE
Judy B. Duggie, Owner
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 10, 1989.
Lemon Grove Review
October 19, 26, Nov. 2 & 9, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 24148
The Name of the Business:
FIRE AND LIFE SAFETY SERVICES
located at: 2628 Buena Vista Ave. in Lemon Grove, CA 92045 is hereby registered by the following owners:
BRIAN SCOTT CHILDS
2628 Buena Vista Ave.
Lemon Grove, CA 92045
and
SHAREN KAY CHILDS
2628 Buena Vista Ave.
Lemon Grove, CA 92045
This business is conducted by: Individuals—Husband and Wife.
The registrant commenced the transaction of business on: October 25, 1989.
Signature of Registrant:
BRIAN CHILDS
Brian Childs, Owner
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.
Lemon Grove Review
October 26, November 2, 9 & 16, 1989

GUARDIAN BUILDERS, INC.
NOTICE ADVERTISING FOR BIDS
Sealed proposals will be received by GUARDIAN BUILDERS, INC., 2550 Miraloma Way, Anaheim, CA, 92806, up to the hour of: 5:00 P.M., on the 6th day of November, 1989, for performing work as follows:
Storm Drain, Street Improvements, Retaining Walls, Water System and Grading on Federal Blvd., north of Central Avenue, Lemon Grove, CA.
The proposals received will be privately opened. Award will be made within 60 days of the opening of bids.
The Instructions to the Bidders, Form of Bid, Form of Contract, Plans, Specifications, and Forms of Performance Bond may be examined in the office of GUARDIAN BUILDERS, INC. Copies may be obtained at that location. Call (714) 630-7338.
Attention of bidders is particularly called to the requirements as to conditions of employment to be observed and minimum wage rate scale and requirements of Federal Minimum Wage or the State Minimum Wage, whichever is higher, must also be met. It shall be the responsibility of the Contractor to comply with all applicable sections of the California Labor Code including, but not limited to, Sections 1776 and 1777.5.
GUARDIAN BUILDERS, INC. hereby notices all bidders that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, minonty business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, sex, or national origin.
GUARDIAN BUILDERS, INC. reserves the right to reject any and all bids, or any combination of bids. The Owner also reserves the right to waive any irregularities in a bid. No bidder may withdraw his bid within sixty (60) calendar days after the actual date of the opening thereof.
Lemon Grove Review
October 26 & November 2, 1989

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No 89 24145
The Name of the Business:
A L IMPORTS
located at: 7923 Broadway in Lemon Grove, CA 92045 is hereby registered by the following owners:
ALIJANDRINO TOJINO
7923 Broadway
Lemon Grove, CA 92045
and
LUNINGNING TOJINO
7923 Broadway
Lemon Grove, CA 92045
This business is conducted by: Individual–Husband and Wife.
The registrant commenced the transaction of business on: N/A.
Signature of Registrant:
LUNINGNING M. TOJINO
Luningning M. Tojino
This statement was filed with Robert D. Zumwalt, County Clerk of San Diego County on October 24, 1989.
Lemon Grove Review
October 26, November 2, 9 & 16, 1989

Fictitious Business Names
BY MAIL!

Now you can renew your Fictitious Business Name Statement (or file a new one) without interrupting your busy day. The *Lemon Grove Review* and the *Spring Valley Bulletin* will mail you the forms to complete at your convenience, and you can complete the process by returning the forms by mail or in person.

Call 469-0101 to have forms sent to you. Remember, you must renew your Fictitious Business Name every five years.

WANTED
Advertising Sales Reps

Experienced or just plain willing to learn. Full-time or Part-time. Ideal for retirees, college students, or homemakers who want to set their own schedules. If you have a pleasant personality and the desire, we'll train you to be successful. Several open territories–apply now and you may choose where you want to work. Call 469-0101 for more information.

Forum Publications, Inc.
The La Mesa Forum
Lemon Grove Review/
Spring Valley Bulletin
7834 Lester Avenue
Lemon Grove, CA 92045

SERVICE DIRECTORY

Accounting

THE TAX BYTE
1138 Broadway, Ste. 202
El Cajon, CA 92021
Guy Hill • 442-2983
Accounting • Bookkeeping • Individual, Partnership, Corporate Income Taxes • Consulting

Automotive Repairs

Guaranteed Brake & Muffler
"Our name says it all..."
7319 Broadway
Lemon Grove
469-8827

Catering

Top Hat Catering
7810 Broadway
Lemon Grove
469-8889

Dance Orchestras

THE FOUR "HART-BEATS"
Bouncy Music of the 40's
YOU'LL LOVE IT!
References
FRED HART 449-4979

Disposal

EDCO DISPOSAL

COMMERCIAL
INDUSTRIAL
RESIDENTIAL
TEMPORARY BIN
6670 Federal Blvd.
Lemon Grove
287-4230

Insurance

Charlie Roberts
Ronn Hall
2615 Sweetwater Springs Boulevard
Suite G
Spring Valley, CA 92078
670-8232

Lawn Mower Repairs

Ivan's Lawn Mower Repair
433 G Sweetwater Rd.
Spring Valley
267-5660

Motels

NATIONAL **INN 9**
Quality lodging at reasonable rates
★ 62 modern units
★ Free cable & HBO
★ Complete Kitchens
★ Day-Week-Month
A good place for friends & family while in town.
8429 Broadway
Lemon Grove
463-9353

Painting

TOP QUALITY PAINTERS
Interior/Exterior
20 Years Experience
Fast & Efficient
Free Estimates
Senior Discount
Good References
JIM 463-8748

QUALITY PAINTING
Int./Ext. • Fast, Neat
Custom Painting.
Reasonable, Prompt
Free Estimate
466-1394

Pet Stores

LEMON GROVE **PETS**
Our customers count
7969 Broadway
Lemon Grove
460-1963

Printing

Letter-Kraft Printing
3135 Lemon Grove Ave.
Lemon Grove
463-6601

Realtors

Eva Berry
Century 21/Pearce Realty
7779 Broadway
Lemon Grove • 463-6625

Shoe Repair

Lee's Shoe Repair
9731 1/2 Campo Rd.
Spring Valley
464-9807

Stationers

Marder's Stationers
7939 Broadway
Lemon Grove
469-4386

Storage

Records, Personal, and Inventory
LEMON GROVE SELF STORAGE
(619) 469-6166

Travel

Lemon Grove's ONLY Travel Agency
Pa-Lantic Travel Service
7735 Pacific Ave.
Lemon Grove
466-9999

Horizon Travel
6529 University Ave.
San Diego, CA 92115
287-8880

Casa de Oro Travel
9768 Campo Rd.
Spring Valley, CA 92077
461-8222

Video Taping Weddings

Memories On Video
Wayne R. Buttron
460-0461

Your Ad Can Reach Over 10,000 Readers
By Advertising in the Service Directory:
4 Weeks – $36.00 13 Weeks – $96.00 52 Weeks – $300.00
Call 469-0101 for more information or to place your ad.

CLASSIFIED

announcements

GIVE THE GIFT OF LIFE - Help a childless couple become a family. Carry a child for an infertile couple. Previous childbirth required. Please call 1-800-447-6219.

WEIGHT LOSS - Safe, rapid weight loss (3-5 lbs. wk). Phys. Recom. Debbie 470-3243.

automobiles

ATTENTION - GOVERNMENT seized vehicles from $100. Fords, Mercedes, Corvettes, Chevys. Surplus Buyers Guide. 1-602-838-8885 Ext. A 3020.

CA$H FOR CAR$ or Truck$. Running. $500. 264-8726

business opportunities

DIET & GROW RICH!!! Debbie 470-3243.

OWN YOUR OWN APPAREL OR SHOE STORE, CHOOSE FROM: JEAN/SPORTSWEAR, LADIES, MEN'S, CHILDREN/MATERNITY, LARGE SIZES, PETITE, DANCE-WEAR/AEROBIC, BRIDAL, LINGERIE OR ACCESSORIES STORE. ADD COLOR ANALYSIS. BRAND NAMES: LIZ CLAIBORNE, HEALTH-TEX, BONNIE & BILL, ST. MICHELE, FORENZA, BUGLE BOY, LEVI, CAMP BEVERLY HILLS, LESLIE FAYE, LUCIA, OVER 2000 OTHERS. OR $13.99 ONE PRICE DESIGNER, MULTI TIER PRICING DISCOUNT OR FAMILY SHOE STORE. RETAIL PRICES UNBELIEVABLE FOR TOP QUALITY SHOES NORMALLY PRICED FROM $19. TO $60. OVER 250 BRANDS, 2600 STYLES. $18,900 TO $29,900: INVENTORY, TRAINING, FIXTURES, AIRFARE, GRAND OPENING, ETC. CAN OPEN 15 DAYS. MR. LOUGHLIN (612) 888-4228.

employment

$60.00 PER HUNDRED remailing letters from home! Details, send self-addressed, stamped envelope to: Associates, Box 309-T, Colonia, N.J. 07067.

ATTENTION: EARN MONEY READING BOOKS! $32,000/year income potential. Details. 1-602-838-8885 Ext. Bk 3020.

$350 / DAY processing phone orders! People call you. No experience. Call (refundable) 1-315-733-6063, Extension P-341.

EARN MONEY typing at home. $30,000/year income potential. Details 1-805-687-6000 ext. B-1285

employment

EARN MONEY watching TV! $50,000/yr income potential. Details (1) 805-687-6000, Ext. K-1285.

HOME WORK – SPARE TIME Paint lovely miniature toys, earn $20 set. No experience necessary. Amazing recorded message reveals details. Call anytime 1-900-456-4567.

$350 A DAY! Processing phone orders. People call you! No experience necessary. Call (Refundable) 518-459-8697 EXT. K2945.

!!OWN YOUR OWN BUSINESS!! All top quality. The latest up to date clothing & shoes available. Full figure, misses, junior, & children. Includes fixtures, inventory, & training. $14,9000 to $29,900 call 404-956-0695 The Fashion Image.

SUBWAY SANDWICHES needs day & night help. Flexible hours. Apply in person. 6971 Broadway, Lemon Grove.

HELP WANTED! SALES - Looking for energetic people interested in earning potential equal to your own ambition. Exciting revolutionary product will be one of top-selling Christmas items for 1989. Call for screening interview M-F 9 a.m.-3 p.m. Ask for Jean - (619) 589-7737.

WRITERS, PHOTOGRAPHERS, freelance. Small weeklies in East County need your assistance. Call 469-0101 for info.

EARN MONEY reading books! $30,000/yr. income potential. Details. 1-805-687-6000 ext. Y-1285

ATTENTION - HIRING! Government jobs - your area. $17,840 - $69,485. Call 1-602-838-8885. Ext. R3020.

lost & found

LOST - Large, black male cat in 8600 block Lemon Ave., L.M. No front claws, no markings. House pet. Reward if found. Call Gretchen, 464-0962.

real estate

ATTENTION - Government homes from $1 (U-repair). Delinquent tax property. Repossessions. Call 1-602-838-8885 Ext. GH 3020.

7 UNITS - LEMON GROVE AREA - EXCELLENT RENTAL - 5- 2Br/1.5Ba townhouses plus duplex. Large lot in quiet residential area. Only $425,000 OWC. Rod Aries, ext 121. ACI INVESTMENTS (619) 299-3000.

GOVERNMENT HOMES from $1.00. U Repair. Also tax delinquent properties. Call 805-644-9533, Ext. 1089 for current repo list.

real estate

WANTED - LEMON GROVE home, Jerry at 466-9999, Principals only.

GOVERNMENT HOMES From $1.00 (U-repair). Foreclosures, Repos, Tax Delinquent Properties. **Now Selling This Area!** Call (Refundable) 1-315-733-6064 Ext. G341 **For Current Listings.**

for rent

2 BEDROOM DUPLEX with stove and refrigerator in central Lemon Grove, water and trash paid, $500 plus deposit. 465-9925

OFFICE SPACE - 250 sq. ft. in Professional Building. Waiting room & receptionist available. Just off 8 & Fletcher Parkway. $500/mo., utilities paid. 464-7771.

EL CAJON, $510.00. Spacious 2 BD/2 BA, new dishwasher, frost-free refrig., A/C, pool. Walk to downtown. No pets. 225 Taft Ave. 579-6517.

LA MESA OFFICE - 10x10. For rent $150 a month. Additional space avail. Call 697-6868.

LEMON GROVE - 7406 Central Ave. 3 Bdrm, 2 bath, 2 car garage. $750.00 561-7697.

LA MESA 1-2 BR, $410-$485. Electric paid, pool, appliances, laundry, cat OK. Agent/223-2425.

services

DAY CARE - Full and part time. Openings 6:30-5:30 p.m. Over two yrs. Licensed - Pre School activities. Denise's Day Care, 589-7688.

DAMIAN'S COMPLETE LANDSCAPE Maintenance - A touch of class for the best price. Over 30 years experience. Sprinkler repairs & installation. Free estimates. Phone 469-0860.

BOOKKEEPING/TYPING/POSTING for small business or individual. Accurate-reasonable. Pickup/delivery can be arranged. 276-0216 or 582-2064.

CARETAKERS AVAILABLE - Home, estate, farms, highly-qualified. Excellent references. Bill & Kate Hecker, General Delivery, Dulzura, CA 92017.

COMPANION/ AIDE to ambulatory lady. Excellent references. 461-3659. Leave messages.

PAINTER. Int./Ext. Fast, neat custom painting. Reasonable, prompt free estimate. 466-1394.

wanted

SECURED GARAGE - for classic auto. L.M. area desired. 287-5164.

Classified Ad Coupon

Classification Desired _____
Message _____
_____
_____
Name _____
Phone Number _____
Send your check for one dollar per line per week with your ad to:
Forum Publications, Inc.
P.O. Box 127
Lemon Grove, CA 92045

Subscription Coupon

SAVE $3.00

Yes, I want to subscribe to the all new:
❒ Lemon Grove Review ❒ La Mesa Forum
❒ Spring Valley Bulletin

By acting now I can save $3.00 off the annual price of $15.00 and receive 52 weeks for only $12.00. I'm enclosing my check for $12.00 to start my subscription immediately. Subscriptions which must be mailed to addresses outside of San Diego County are $26.00 for 52 weeks.

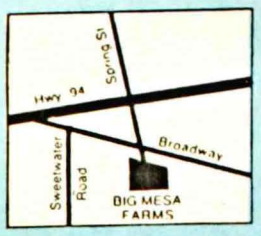
Name _____
Address _____
City _____
State _____ Zip _____
Phone _____

Call: 469-0101
Mastercard/Visa Accepted

Mail to: Forum Publications, Inc.
P.O. Box 127
Lemon Grove, CA 92045

BIG MESA farms

Open 7 Days, 8 a.m. to 9 p.m. • 460-0525
8745 Broadway (Hwy. 94 at Spring Street)



Serving the communities of Spring Valley, Lemon Grove, Casa de Oro, La Mesa and Jamul

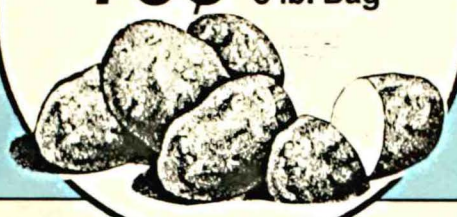
We appreciate your business!!

BIG MESA FARMS –
"The Friendly Store"

WE CASH W.I.C. VOUCHERS AND ACCEPT FOOD STAMPS. CHECKS CASHED WITH I.D.
AD EFFECTIVE NOV. 2nd to NOV. 8th, 1989

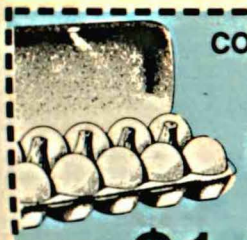
LOW, LOW PRICE!
OAT BRAN 99¢ lb.

RUSSET POTATOES
79¢ 5 lb. Bag



LOW, LOW PRICE!
SWISS MILK $1.99 gal.
Low Fat or Homogenized

COUPON MADNESS



COUPON
LARGE AA
EGGS
1 dozen
$1.29 Limit 6
Big Mesa Farms • Expires 11-8-89

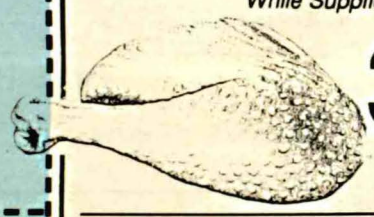
ASSORTED VARIETIES
COKE
2 Litre $1.49
6 pack $2.29
No Coupon Needed

COUPON
DIAMOND 3
CHUNK LIGHT
TUNA
6 1/4 oz.
3 for $1
Limit 3 • w/out coupon 89¢ ea.
Big Mesa Farms • Expires 11-8-89

COUPON
YONSON
YOGURT
8 oz.
3 for $1
No Limit
Big Mesa Farms • Expires 11-8-89

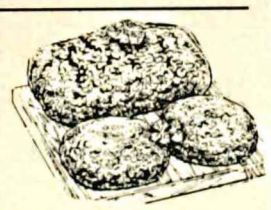
MEAT

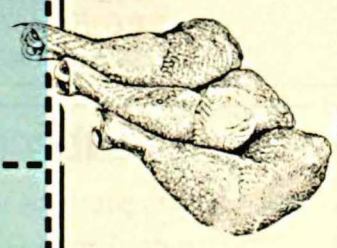
CHICKEN LEG QUARTERS
While Supplies Last



39¢ lb.
Limit 10 lbs.

GROUND
TURKEY
89¢ lb.





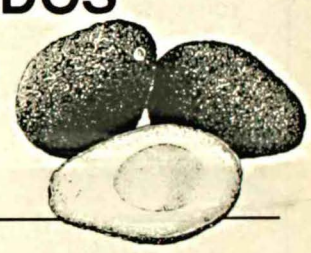
TURKEY
DRUM STICKS AND WINGS
39¢ lb.

MILD OR JACK
CHEESE
$1.99 lb.

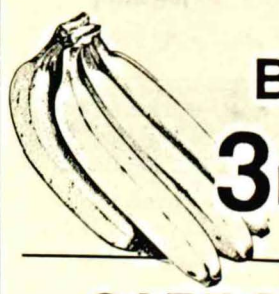
EXTRA STRENGTH
TYLENOL
Buy One Get One
FREE
50 Caplets

PRODUCE

ZUTANO
AVOCADOS
39¢ ea.



RED & GOLDEN DELICIOUS • MEDIUM
APPLES
3 lbs. for $1



GOLDEN RIPE OR GREEN
BANANAS
3 lbs. for $1

CARROTS
4 for $1
1 Lb. Cello Bag

MORE SPECIALS

FAMILY PRIDE
WHEAT OR WHITE BREAD
2 for $1
Limit 6, Reg. 59¢ ea.